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Scott explained that there are different forms and ways of expression in Judo. There is the fighting side – Shiai, which he does not compete in, and the more choreographed form – Kata. Katas are meant to demonstrate the principles of judo. Scott explained that “you can also see those principles demonstrated in shiai, but you must have a much faster and more practiced eye.” Scott said when he competes in Kata, he does so with a partner. Through his positive attitude and commitment to both Kata performance and teaching, Scott has earned himself a second degree Black Belt.

Scott first started to get involved with teaching classes when the late sensei, Sensei Yoshio Senda, needed help running classes. Sensei Senda was the reason he got into instructing classes. He began teaching beginners classes and then worked his way into junior classes. Scott earned his NCCP level 2 coaching certification about 5 years ago. He has been running classes for about 7 years now and spends typically 3 – 4 nights a week at the dojo. Scott has also travelled throughout Western Canada to referee judo competitions. Scott said that if a bunch of kids from his club are going to compete in a certain competition, he will tag along to contribute as a referee for the duration of that competition.

Scott said that Sensei Yoshio Senda and his wife, Florence, have both been huge inspirations to him throughout the years. Sensei Senda's philosophy was “you can better yourself by always showing respect for others, and to always give it your best in whatever you do.” Scott explained that Sensei Senda really believed in producing not only champions, but more importantly, good citizens. This attitude and viewpoint has been one of the main inspirations for Scott.

Scott explained that the two main principles of judo as established by Jigoro Kano who invented Judo in 1882 are: Seiryoku Zenyo and Jita Kyoei. He said that Mr. Senda's translation of the Japanese was: “Maximum efficient use of mind and body (Seiryoku Zenyo), for the mutual welfare and benefit of all (Jita Kyoei)”. Scott added that “you can see that contributing to your community embodies [both of] those principles.”

It is safe to say that Scott lives by Sensei Senda's philosophy, by striving to better himself and others through the art of Judo.

## Follow our [Facebook page](#) for daily wellness tips & ideas

### 47- Snowshoeing

People either cheer or cry when it snows. Some choose to cozy up at home while others hit the slopes for some downhill skiing or snowboarding. If downhill skiing doesn't appeal to you, snowshoeing is an excellent winter low impact activity that folks of any ability can do! It's just walking with huge feet.

Besides being an easy activity to pick up, snowshoeing is also very affordable. You can start off renting them for approximately \$25 for a day or purchase a [pair that will last you for years for \$75-\$300. You don't need to pay to hit most trails (unless you're going in a national park) making this a very affordable winter sport.

Snowshoeing is also an incredible workout!

**Snowshoeing can burn up to 1,000 calories per hour!** It's low impact muscle building because the snow acts as a cushion on your joints, sparing your knees.

For more ways

(Sources: [Alpenland](#) and [Snowshoeing Park Map](#))

### 48- Socialize

It's so easy to fall into the busy trap isn't it? Work, household responsibilities, and other commitments can make it seem like you just don't have the time to spend with friends, but socializing is a very important part of your wellness.

According to [Psychology Today](#), connecting with friends may also boost your brain health and lower your risk of dementia. Research shows these main benefits of having an active social life:

- **You may live longer**
- **You will enjoy better physical health**
- **You will enjoy better mental health**
- **You may even lower your risk of dementia**

So give your friends a call today and get together. Maybe kill two birds with one stone and do a workout together. Catch up and get in your exercise! (Sources: [Lethbridge Meetup Groups](#) and [Lethbridge Events Calendar](#))

### 49- Health Screening

The best way to fight disease is to prevent it. Health screenings are tests that look for diseases before you have symptoms. Screening tests can find diseases early, when they're easier to treat. Some conditions that doctors commonly screen for include:

1/17

**Lunch and Learn Osteoporosis and Bone Health - Chloe Kilkenny from Osteoporosis Canada**

12 - 1 pm

L1114

[Register Here](#)

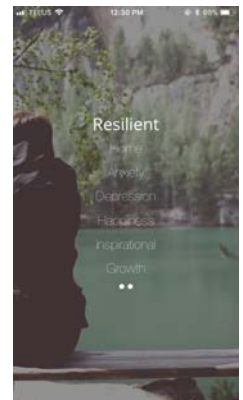
### Mindful Employer Sessions

Contact [Wellness](#) to set up 1 hour workshops in one of the following areas:

**Accommodation, Resolving Conflict, Workplace Collaborations, Responding to Mental Health Issues.**

Click [Here](#) for more info or

contact [wellness](#)



## App Corner

**RESILIENT -**

FREE MENTAL HEALTH APP

**Resilient** is a personal development and blog app that is designed to help you live a happier life and become the best you, you can be! The app has plenty of resources on anxiety, depression, happiness, etc. available from articles on Do's and Don'ts to Tips and Tricks. The app also has a number of classes available with topics ranging from "30 Day Negativity Detox" to "365 Recovery Tips". They also have a free Resource Library that gives you access to a bunch of free downloads, check lists, tips, inspirational wallpapers, and much more to



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copy of her presentation!

We were also privileged to host a talk by Dr. Kim Raine from the University of Alberta as she discussed the topic of healthy food options on campus. You can also find a copy of her presentation on our [website](#).



### Book in for your Mini Massage

The Lethbridge College Massage Therapy Students will be back next semester to give free 10-minute "mini massages" on campus. Be sure to watch for the available dates in the New Year.

Check our [website](#) for updates or [Register Here](#) to book your appointment!



## The Universal Declaration of Human Rights turns 70!

Human Rights Day is observed every year on 10 December – the day the United Nations General Assembly adopted, in 1948, the [Universal Declaration of Human Rights](#). This year, Human Rights Day kicks off a year-long campaign to mark the upcoming [70th anniversary](#) of the Universal Declaration of Human



**Calgary Corner** by Karen Ogilvie

*What's your wellness activity?*

When we think of wellness activities, what immediately comes to mind? Probably physical activity. Wellness tends to have this attached notion of physical wellness, whether it's losing weight, staying active or finding ways to focus on your physical self. And, to be fair, this is good idea. There are lots of benefits to maintaining your physical wellness: it has an impact on your physiological and mental health, it keeps you strong, and can help to fight off illness.

But let's expand our thinking for a moment and think about what a wellness activity really is. We can develop this idea that something we do for our wellness isn't just for our physical self. It's something we do that engages us: it makes us happy, feeling good, and involves our mind. It has a fulfilling quality that leaves us with a sense of satisfaction and reward. For some people, physical activity is therapeutic. It generates this engagement and satisfaction that we want. But for others, physical activity is more of a task. It's something you need to do to maintain your physical health, and it's also tedious and takes more mental effort to get through than it does to just relax.

I'm not suggesting that you shouldn't engage in physical activity, but if for you it's more of a chore than it is enjoyable, perhaps there are other wellness activities you should be engaging in for yourself.

*What to look for in a wellness activity:*

- Enjoyment—you look forward to going and are happy while you're doing it
- Satisfaction—when you are done, you walk away feeling good about the activity
- Mentally Energized—Did you wake up your mind? Did it relax your mind? It should leave you feeling like your refreshed your brain.

*Here are a few suggestions for wellness activities you can get involved in:*

- **Take an interest course:** Cooking, photography, or an art class.

2 teaspoons  
(5 - 10 mL) sugar or sweetener

- 1 Tbsp (15 mL) of cocoa powder, 1-2 tsp (5-10 mL) of sugar or sweetener, a pinch of cinnamon, and ¼ tsp (1 mL) vanilla or 1 [drop](#) of peppermint extract

**Variations: Peppermint**

**Mocha:** substitute strong coffee for half of the milk and use 1 drop of peppermint extract instead of vanilla

**Spiced mocha:** substitute strong coffee for half of the milk and use nutmeg instead of vanilla

**Gingerbread latte:** substitute strong coffee for half of the milk, use molasses instead of sugar, and add 1/8 tsp (0.5mL) ground ginger and a pinch of cinnamon  
For a cold drink idea:

- 4 oz (125 mL) tomato or vegetable juice with dashes of lemon juice and Worcestershire sauce and a couple drops of Tabasco. (Add extra celery garnish to munch on :))

**Enjoy alcoholic drinks in moderation**

It's not just the calories in drinks you need to think about. Alcohol can also affect your heart rate and blood pressure as well as your mood and behavior. The effects will vary from one person to another. To stay healthy, set limits for yourself and stick to them:

- Have no more than 2 drinks in any 3 hours.

- For every drink of alcohol,

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entitled to as a human being -- regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. It is the most translated document in the world, available in more than [500 languages](#).

#StandUp4HumanRights

(Source: [United Nations](#))

Check out the University's own International Human Rights presentations today! (Dec 5) starts at 9:25 in AH100. All welcome! For more info contact [Glenda Bonifacio](#).



## Upcoming Flu Immunization Clinics

Alberta Health Services South Zone Influenza Clinics:

- Friday, December 8th, 2017: 1 - 4 pm ([Magrath Community Health](#))
- Tuesday, December 12th: 2 - 6 pm ([Main Pavilion](#) - Exhibition Park)
- Thursday, December 14th: 1 - 4 pm ([Raymond Community Health](#))
- Friday, December 15th: 9 am - 12 pm ([Coaldale Community Health](#))
- Tuesday, January 16th, 2018: 2 - 6 pm ([Heritage Hall](#) - Exhibition Park)



involved with an organization like Alberta Special Olympics, the Calgary Humane Society if you like animals or Grow Calgary if you enjoy Gardening.

- **Book Clubs:** Do you love reading? This is a great option for meeting new people while also getting into new books.
- **Join a Makerspace:** Places like 'Protospace' offer a space, tools and community for people to come together and work on projects, get creative and collaborate.

So if you're looking for a new activity for the New Year, or just a strategy to improve your wellness. Think outside the box, and look for something you enjoy!

Happy Holidays!



## Monthly Mental Wellness Tip

### Stress Management Techniques that work!



With the holidays upon us, life can become hectic and somewhat stressful. Not only does it seem that there is more things added to your schedule such as Christmas shopping, baking, parties, or maybe even making travel plans -- you may feel overwhelmed. These plans can lead you to feel like you have no time for yourself. The article below by Katie Harp touches on the different ways you can use to find more free time. As we all know, "me" time is an important factor in practicing positive mental health.

- Eat before and while you are drinking. Food slows down the absorption of alcohol.

For the full article and a list of **free** upcoming classes click [here](#)



## Health Check for U! Now taking registrations for [Spring 2018](#)

### How Old is Your Heart?

What if you could have an assessment of your overall health here on campus? Or know your risk for having a stroke or heart attack in the next 10 years?

You can! U of L Wellness, and the Faculty of Health Sciences Nursing Students have teamed up to provide free confidential Cardiovascular screening to all staff and faculty of the University of Lethbridge, called "Health Check for U."

### What happens at Health Check for U?

The 15-minute screening (takes place in Markin Hall) includes:

- Measuring your height, weight, & waist circumference
- Taking your blood pressure
- A finger poke to obtain a blood sample for cholesterol and blood sugar levels

### After screening:

- A free light snack is provided!
- You'll come back for a 20-

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follows:

By Katie Harp

and work with you to develop a health lifestyle plan.

- The WSA categories will be expanded and new categories will be added.
- Your eligible dependants will now be eligible under your WSA.

Are there a hundred different things you wish you could do with your life someday — anything from exercising to meditation or yoga to writing that novel you always wished you could write to reading more to relaxing and watching the sunrise? But perhaps you never find the time, like many people. Here are 20 ways to find more free time:

*Previous participants welcome to come and compare past results.*

For more details, click on the following link: [WSA Jan 2018](#)

**Book an appointment today! Limited sessions available. Register at [Health Check for U](#)**

Please keep these changes in mind when completing your 2018 flexible spending account allocations.

**First Screening of the semester will be Feb. 1 2018.**



Payroll Services would like to notify everyone of their new hours:

Monday - Friday, 9:30 am - 2:30 pm

Also, a friendly reminder that December's time sheet deadlines will be different to adjust for the holidays. Be sure to check when yours needs to be submitted! Click [here](#) to view the payroll calendar.

For those who submit timesheets, time away on the morning of \_\_\_\_\_ is subject to supervisory approval and is accounted for as a full day of vacation on your timesheet, unless you are using your Voluntary Leave Plan. For those who leave work at \_\_\_\_\_ on \_\_\_\_\_ in honour of the holiday season, there is no need to account for that time away.



**Public Service Pension Plan – Upcoming Payment Dates**

- **December 22**

Visit [here](#) for more details!

1. **Take a time out.** Freeing up your time starts with taking a step back to take a good look at your life. It starts with taking a time out to think and plan.

2. **Find your essentials.** What is that you love to do? Make a short list of 4-5 things. These are the things you want to make room for.

3. **Find your time-wasters.** What do you spend a lot of time on that isn't your essential list? You're going to want to minimize these time-wasters to make room for the more important stuff, the stuff that makes you happy and that you love to do.

4. **Schedule the time.** It's crucial that you take a blank weekly schedule (you can just write it out on a piece of paper, or use your calendar) and assign blocks for the things you love — the stuff on your essentials list. Schedule the rest of your life around these blocks.

5. **Consolidate.** There are many things you do, scattered throughout your day or your week that you might be able to consolidate in order to save time. A good example is errands — instead of running one or two a day, do them all in one day to save time and gas.

6. **Cut out the meetings.** This isn't possible for everyone, but in my experience meetings take up a lot of time to get across a little information, or to make easy decisions that could be made via email or phone.

7. **Declutter your schedule.** If you have a heavily packed schedule, full of meetings and errands and tasks and projects and appointments, you're going to want to weed it out so that it's not so jam-packed. Find the stuff that's not so essential and cancel them. Postpone other stuff. Leave big blank spaces in your schedule.

8. **Re-think your routine.** Often we get stuck in a routine that's anything but what we really want our days to be like. Is there a better way

**Or Contact: Suzanne McIntosh, Manager, Wellness & Recognition, for more information: [wellness@uleth.ca](mailto:wellness@uleth.ca); (403)-332-5217**



The University will not be open for full service during the holiday season from the afternoon of \_\_\_\_\_

\_\_\_\_\_ inclusive, with recognition and appreciation of those who are still working at some time during the holiday period. The University reopens for full service on \_\_\_\_\_

Happy Holidays!

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more optimal, more filled with things you love.

## Updated Employee Pension and Benefits Great West Life Benefits Booklets are up on the website!

Click [here](#) to view yours.

Click [here](#) to read the full 20 Ways to find more free time

(K. (2017, June 23). 20 Ways to Find More Free Time. Retrieved November 29, 2017, from <https://resilientapp.com/growth/20-ways-find-more-free-time/>)

Although "Tis the Season", Tisn't the Season to be stressed out! It's important to find time to relax over your holiday break and take that much needed R&R in whatever form suits you best!

Anxiety can easily creep into your life while you're caught up in the busyness of the holiday season, remember to take time for yourself and try breathing exercises to calm yourself down. There are a number of different breathing exercises you can try to either help you relax after a long day, or calm you down in an anxious moment while you're waiting in line to finish your shopping.

Visit [My Health Alberta](#) for a list of breathing exercises.

Practicing mindfulness and gratitude can also help to lessen your stress load and help you to worry less this holiday season. [Practicing mindfulness](#) can help to train your mind to accept things you cannot control. It also teaches you to be in control of your mind, so that it does not control you. Mindfulness helps you focus on the present, and not to get lost in the regrets from the past or worries about the future. Research shows that taking time to focus on the positive things in your life has a healing affect. If you express thanks, appreciation, or love, it will energize your mind, body and spirit. So remember to [practice gratitude](#) as well.

(Source: [Alberta Health Services](#))



## The National Day of Remembrance and Action on Violence Against Women - December 6th, 2017

"As well as commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, December 6 represents an opportunity for Canadians to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. And finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls." (Source: [Government of Canada](#))

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